What is claimed is:

1. A stick shift handle assembly comprising:

a stick shift handle;

an actuator for releasing said stick shift handle for movement between a plurality of gear positions;

a housing for said actuator; and

a sleeve disposed between said actuator and said housing wherein said sleeve has a first coefficient of friction lower than a second coefficient of friction of said housing.

2. The stick shift handle assembly of Claim 1 wherein said actuator has a first planar area and said sleeve has a second planar area, said first planar area in contact with said second planar area.

3. The stick shift handle assembly of Claim 2 including a lubricant between said first planar area and said second planar area.

4. The stick shift handle assembly of Claim 1 wherein said sleeve has a first cross-section of a first shape to match a second shape of a second cross-section of said housing, said first shape matching said second shape to prevent movement of said sleeve within said housing.

5. The stick shift handle assembly of Claim 1 including a shift lock mechanism in communication with said actuator, said shift lock mechanism preventing movement of said stick shift handle between the plurality of gear positions

6. The stick shift handle assembly of Claim 5 including a motion-transmitting member disposed between said actuator and said shift lock mechanism.

7. The stick shift handle assembly of Claim 1 including a button in contact with said actuator.

8. The stick shift handle assembly of Claim 7 wherein said button comprises a first sloped surface in contact with a second sloped surface on said actuator.

9. A stick shift handle assembly comprising:

a stick shift handle movable along a first axis between a plurality of gear positions;

an actuator for releasing said stick shift handle for movement between the plurality of gear positions, said actuator movable along a second axis transverse to said first axis; and

a housing for said actuator wherein said actuator comprises a first member extending along said second axis and a second member extending along a third axis, said third axis transverse to said first axis and said second axis wherein said first member has a first sloped surface in contact with a second sloped surface of said second member.

10. The stick shift handle assembly of Claim 9 wherein said first member is prevented from rotating about said second axis.

11. The stick shift handle assembly of Claim 10 wherein said first member has a projection and said housing has a groove to receive said projection, said groove extending along said second axis.

12. The stick shift handle assembly of Claim 9 wherein said housing has a first portion extending along said second axis and a second portion extending along said third axis.

13. The stick shift handle assembly of Claim 9 including a shift lock mechanism for preventing movement between the plurality of gear positions along said first axis.

14. A stick shift handle assembly comprising:

a stick shift handle;

an actuator for releasing movement of said stick shift handle, said actuator having a first planar area;

a housing for said actuator; and

a sleeve having a second planar area in contact with said first planar area, said sleeve disposed between said actuator and said housing wherein said sleeve has a first coefficient of friction lower than a second coefficient of friction of said housing and wherein said sleeve has a first cross-section of a first shape to match a second shape of a second cross-section of said housing, said first shape matching said second shape to prevent movement of said sleeve within said housing.

15. The stick shift handle assembly of Claim 14 including a shift lock mechanism in communication with said actuator, said shift lock mechanism for preventing movement between a plurality of gear positions

16. The stick shift handle assembly of Claim 14 including a motion-transmitting member disposed between said actuator and said shift lock mechanism.

17. The stick shift handle assembly of Claim 14 including a button having a first sloped surface in contact with a second sloped surface on said actuator.